

Abstract

Title: Influence of overweight and obesity in children of preschool age

Objectives: The first aim is to process a literature review of Czech and foreign authors. Based on this review a survey dealing with this issue will be analysed and evaluated.

Methods: Summary of literature review, devising a survey dealing with the issue, which resulted from the studied literature. Parents of preschool children, who visit „Kroužky“, were involved in this survey. Results of 100 respondents will be investigated and assessed in the results of this work.

Results: Literature review showed that more children are obese. Physical options of preschool children are affected by using modern technology. The result of survey is that preschool children spend more time in virtual world than performing physical activity. Eating habits is another factor that affects overweight and obesity. Nevertheless the overweight and obesity were occurred, 95 % of all survey children have breakfast. In influencing obesity we should instead focus on quality of intake food.

Keywords: overweight, obesity, life style, physical activity, Body mass index (BMI)